

WINGSPREAD

Randolph Air Force Base ♦ Texas

60th Year ♦ No. 9 ♦ March 3, 2006

Brushing up



Staff Sgt. Ruby Castaneda from the base dental clinic shows Jordan Ruth how to properly brush teeth during a visit to the elementary school Feb. 23. The visit was part of the dental clinic's observance of National Children's Dental Health Month. The dental staff conducted several events throughout February, including a school field trip to the clinic, to promote good oral hygiene practices among children at Randolph. (Photo by Don Lindsey)

Women's History Month observed

By Jennifer Valentin
Wingspread staff writer

The base community observes Women's History Month throughout March with several activities planned.

"Randolph is hosting a variety of events with something for everyone," said Capt. Laura Ramos, military equal opportunity chief.

This year's theme, "Women: Builders of Communities and Dreams," honors the spirit of possibility and hope set in motion by generations of women in their creation of communities and their encouragement of dreams, according to the National Women's History Project.

"It is a good time to appreciate all of the changes that have been accomplished over the years to provide opportunities to women in a variety of settings," said Capt. Jennifer Hatzfeld, WHM committee member.

The theme also honors women for restoring hope in the face of impossible odds.

"We hope everyone on base, women and men, will be a part of the celebration of the history of women," Captain Ramos said.

The following events are scheduled:

- Monday through March 10: Book display at Randolph Elementary School library highlighting women and their achievements

- Tuesday and Wednesday: Story time, presentation and finger painting at 10 a.m. at the base library

- March 10: Women's History presentation, slide show and performance by the John Jay Unarmed Girls Drill Team at 4 p.m. at the youth center



CELEBRATING

WOMEN'S HISTORY MONTH

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- March 22: Fun run and walk at 11:30 a.m. at Eberle Park with prizes awarded

- March 28: Educational seminar, "Living Wisely Forum," at 8 a.m. at the chapel annex, includes chair massages and information on personal grooming, financial planning and career advancement

For more information, call Captain Ramos at 652-4376 or call Capt. Bonnie Stevenson at 652-2543.

Commissary holds grand opening

Map of store's new layout available at service desk

By Jennifer Valentin
Wingspread staff writer

After a 20-month expansion and renovation, the dust at the commissary has settled and customers can experience a brand new store.

The Randolph Commissary holds its grand opening ceremony Tuesday at 8:30 a.m.

During the event, which is open to the base public, there will be giveaways of shopping gift certificates of up to \$100 and other prizes, a cookie-stacking contest and discount prices on many items in the store.

Customers will also have the chance to win a pickup truck and motorcycle.

Ice cream and cake will also be served.

The store will not open for business Tuesday until after the ceremony.

"The end has been a long time coming," said Willie Taylor, commissary director, "but we are very happy about how everything has turned out."

The project, which began in June 2004, changed the design of the commissary from the outside in, Mr. Taylor said. Phase one involved a lot of heavy external

construction including a new entrance and roofing.

Other phases consisted of a new dairy and produce department, bakery and deli, expanded sales floor area, employee break room and locker area, and updates to the restrooms, training and damaged merchandise areas.

Larger shopping carts have also been purchased for customers.

Maps of the store's new layout are available from the customer service desk to let shoppers know where products and aisles are located, Mr. Taylor said.

The store gained about 48,000 square feet of space with an increase of 11,000 square feet of sale floor space, which is the part of the expansion customers will notice most, Mr. Taylor said.

"We hope our customers will enjoy their new store and appreciate all of the hard work that was done to bring them a better commissary," he said.

Regular store hours are Monday through Friday from 9 a.m. to 8 p.m., Saturday from 8 a.m. to 6 p.m. and Sunday from 9 a.m. to 5 p.m. Early bird shopping hours are Monday through Friday from 7-9 a.m. with no or limited services from specialty departments.

12th Flying Training Wing Training Status							
Pilot Instructor Training <small>As of Monday</small>			Navigator, EWO Students			Wing Flying Hour Program	
			562nd FTS	563rd FTS		Aircraft	Required
Squadron	Seniors	Overall	CSO/NFO	CSO	Graduate EWO	Flown	Annual
99th FTS	3.0	1.3				T-1A	4266.0
558th FTS	-11.0	-3.0	USAF 232	OPS 20	International 0	T-6A	6977.5
559th FTS	-10.0	-1.7	Navy 40	Advanced EW 23	EW Course 0	T-37B	2059.0
560th FTS	-10.0	1.1	International 3	Integration 21	Intro to EW 0	T-38C	3742.4
			Total in Training 275	64	0	T-43	1568.0
Numbers reflect days ahead or behind for senior pilot instructor training class and an average for all PIT classes currently in training.			Numbers reflect students currently in training. The 562nd shows source of combat systems officer students. Air Force students include Air Force Reserve and Air National Guard. The 563rd indicates students in specific courses.			The required and flown numbers reflect hours flown between Oct. 1, 2005 to date. The annual numbers are total hours for fiscal year 2006.	

AIR AND SPACE
EXPEDITIONARY
FORCE

As of Monday, 137 Team Randolph members are deployed in support of military operations around the globe.

More than 60 Randolph captains picked for promotion ... see page 4

Commander's Action Line

Call 652-5149 or e-mail
randolph.actionline@randolph.af.mil



While our goal is to provide the best programs, products and services to our customers, there will be instances when people believe we could have served them better.

In those cases, I ask the individual to first contact the responsible organization to allow the unit commander or manager an opportunity to ensure professional and impartial treatment.

When those officials are unable to provide satisfaction, the individual may contact me through the Action Line. I will ensure each Action Line call is looked into and a reply is given by telephone or in writing. I ask callers to include their name and telephone number so we may send a personal response.

Col. Richard Clark
 12th Flying Training Wing commander

Agency Contact Numbers

Base Exchange	674-8917
Civil Engineers	652-2401
Civilian Pay	652-6480
Commissary	652-5102
EEO Complaints	652-3749
Equal Opportunity	652-4376
Family Support Center	652-5321
FW&A Hotline	652-3665
Housing Maintenance	652-1856
Inspector General	652-2727
Legal Office	652-6781
Military Pay	652-1851
Randolph Clinic	652-2933
Safety Office	652-2224
Security Forces	652-5509
Services	652-5971
Sexual Assault	
Response Coordinator	652-8787
Transportation	652-4314

"PROTECT YOUR WINGMAN"

DUI...

It's a crime not a mistake

Team Randolph's
 last DUI was
 February 25, 2006

Airmen helping Airmen; 33rd annual AFAF

By Gen. William Looney III
 Air Education and Training Command commander

Our greatest privilege as Airmen is to care for our own, and the Air Force Assistance Fund is a tremendous opportunity to put that privilege into practice.

This year's "Commitment to Caring" campaign runs through May 5. During the campaign, we'll be asking Airmen to contribute to any of four Air Force-related charities. This is quite simply Airmen helping Airmen.

You don't need to look any farther than the devastating aftermath of Hurricanes Katrina and Rita to understand the benefits the AFAF provides our Air Force community. When our people needed rapid assistance, the AFAF's charitable organizations were ready and able to help.

Last year's campaign powerfully highlighted the importance of this tradition of caring. In 2005, our Airmen exceeded the AFAF's campaign goal by contributing more than \$7.3 million. AETC contributed nearly \$1.2 million and received over \$4.4 million in assistance, contributing almost half of that amount to our people in the aftermath of Hurricanes Katrina and Rita.

The AFAF was established to provide an annual fundraising campaign for the four official Air Force charities that help Air Force people with emergency aid, educational needs, and with support of a secure retirement home for widows or

widowers of Air Force members in need of financial assistance.

Now in its 33rd year, the AFAF directly benefits active-duty, Reserve, Guard, and retired Airmen and their families by donating 100 percent of all contributions to the following venerable organizations:

- The Air Force Aid Society provides Airmen and their families with worldwide emergency financial assistance, education assistance, and an array of base-level community enhancement programs. Base family support centers have full details on programs and eligibility requirements. Information is also available online at www.afas.org/.

- The Air Force Enlisted Village near Eglin AFB was founded in 1967 to provide a safe, secure, and dignified place for indigent widows of retired Air Force enlisted personnel. More information is available at www.afenlistedwidows.org.

- The Air Force Village in San Antonio provides excellent retirement living, with access to continuing health care for military officers who served honorably and their spouses, with priority to retired Air Force officer widows and widowers in need of financial assistance. The Air Force Village Web site is www.airforcevillages.com.

- The General and Mrs. Curtis E. LeMay Foundation helps widows of all Air Force retirees, both officers and enlisted, with financial grants of assistance. The LeMay Foundation Web site is www.lemayfoundation.org/.



Gen. William Looney III

AETC
VIEW FROM
THE TOP
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The First Command received an overwhelming outpouring of support from last year's AFAF. Now, we have an opportunity to give back.

It's easy to specify which charities you want to support, and all donations are tax deductible. Please take a look at their Web sites and give what you can.

Thank you all for your commitment to supporting our Air Force and our fellow Airmen – past and present – and their families in times of greatest need. Let's make the 2006 AFAF campaign the best yet for AETC and our Air Force!

(Editors note: Randolph's AFAF campaign kicks off March 10. See News Briefs on page 4 for details.)

Attitude is everything on deployment

By Senior Master Sgt. Matthew Holbrook
 379th Air Expeditionary Wing first sergeant

SOUTHWEST ASIA (AFPN) – Being deployed can be a challenge, but here are a few tips that can make the experience more enjoyable.

Display a positive attitude.

Whenever we're in public, people are watching our every move. We don't have to say one word to communicate with those around us; our attitude is constantly on display.

Think about how many times you could predict the type of mood a family member or friend was in just by watching their actions. Also, think about how their attitude changed your mood. If they were happy, you were, too. If they were in a bad mood, it negatively affected you.

We are no different; our attitude affects those around us as well. Remember, we're being watched by our peers, subordinates and supervisors and it's our duty to be a positive and encouraging force for them.

Maintain self-control at all times.

The quickest way to lose the respect of others is to get upset and lose our self-control. I've witnessed people go into a fit of rage after someone did something wrong. It didn't

matter if it was a mistake or done on purpose. The supervisor would say and do things they shouldn't. After they've calmed down, the supervisor would sometimes return to apologize, but it didn't matter. The damage was done. It can take a long time for people to trust someone who cannot control their temper.

Let's face it, we all make mistakes, but how we handle them can be a true indicator of our leadership potential. If we are to lead our troops, we have to set a positive example at all times. Maintaining self-control separates the true leaders from those still in training.

Don't complain if you don't have a viable solution.

No one wants to be around someone that constantly complains. I've had to remind myself no matter how bad I think I have it, there are others worse off than I am. After this thought sinks in, I realize things aren't as bad as I once thought they were.

My challenge to you is to make the best of every situation, get involved in activities on base, further your education and pursue some of the goals you couldn't find the time to do back at your home station.

By following these tips, everyone around us benefits and our working environment is a much better place to be.

WINGSPREAD

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Editorial content is edited, prepared and provided by the Public Affairs Division of the 12th Flying Training Wing in accordance with local policy and style guidance. All photos, unless otherwise indicated, are U.S. Air Force photos.

Articles for the newspaper should be submitted by noon Thursday the week prior to the desired publication date. Items can be dropped off on a PC- or Macintosh-formatted disk at the Wingspread office in room 110 of Building 100.

Articles may also be sent by e-mail to wingspread@randolph.af.mil or by fax at 652-5412 or base ext. 7-5412.

For more information about submissions, call 652-5760 or base ext. 7-5760.

X-ray vision



Randolph Dental Assistants Airman 1st Class Valerie Montgomery (left) and Diane Torchia look at x-rays after preparing one of the exam rooms in the dental clinic for a patient. Dental Assistant Recognition Week takes place Sunday through March 11. The base dental clinic has 15 dental assistants working with the dental team. Besides assisting during office procedures, they are responsible for maintaining infection control guidelines, preparing instruments for procedures, maintaining records and supplies, and exposing and processing x-rays. (Photo by Jennifer Valentin)

DoD helps launch financial education program

By Steven Donald Smith
American Forces Press Service

A general lack of financial knowledge makes servicemembers an ideal target for predatory money lenders, so the Defense Department is helping to do something about it, officials said.

"Equipping servicemembers with the resources they need to make sound financial decisions is integral to both military readiness and the strength and stability of our servicemembers and their families," said David S.C. Chu, undersecretary of defense for personnel and readiness, at a news conference held at the U.S. Capitol building.

To meet these ends, the Defense Department has partnered with the National Association of Securities Dealers Investor Education Foundation to launch the Military Financial Education Program.

The NASD Foundation was started in 2003, and is part of the Defense Department's financial readiness campaign. NASD is the largest private-sector provider of financial regulatory services.

"We know from research we've conducted that a high percentage of servicemen and women lack basic financial knowledge," said Robert Glauber, chairman and chief executive officer of NASD. "We are here to unveil an important new program that will help members of the armed services and their families manage their money, and save and invest it wisely."

Unscrupulous financial institutions often use deceptive tactics such as hidden fees and exorbitant

FINANCIAL TASK FORCE



interest rates to take advantage of unsuspecting investors, officials said.

The education program will teach basic investment necessities such as how to buy a car, saving for retirement, and the tradeoffs between risk and return on investment, Mr. Glauber said.

"There are numerous financial entities out there who recognize the job and income stability that military personnel have who target their programs and marketing schemes to attract and entice them," said Steve Mayfield, Randolph family support center personal financial management program manager. "All too often, our personnel are deceived or misled into becoming involved in what amounts to financial scams or programs that don't meet their financial needs."

The genesis of the Military Financial Education Program came when First Command Financial Planning, a Texas-based financial lending company, was fined \$12 million for making misleading statements while selling investment plans to military families.

About \$4.5 million of the fine money was returned to investors, while the rest of the money was set aside for the Military Financial Education Program, Mr. Glauber said.

The program will not use any taxpayer money.

"This initiative started with our disciplinary action against First Command Financial Planning. We and our partners want to make sure that sort of thing never happens again," Ms. Schapiro said. "We believe the

Military Financial Education Program will move us a long way toward that end."

The multifaceted program includes:

- An online resource center that serves as a centralized source for unbiased information on saving and investing, including original content, interactive tools and links to financial education resources
- Training to support the military's current Personal Financial Management Program by establishing a coordinated and uniform financial education program, including the training and continued certification of personal financial managers and other volunteers
- Educational tool kits for trainers and investors offering multiple levels of personal financial information
- On-base activities and events to motivate families to take responsibility for their financial well-being
- A long-term public outreach campaign, including print, radio and television public service announcements and media outreach to raise awareness of the tools, information and services available to military people and their families

The program's Web site, www.SaveAndInvest.org, has a lot of investor information and links to the NASD Web site, where further financial information can be found. The U.S. Securities and Exchange Commission also has launched an investor information section for military families on its Web site.

Mr. Chu expressed high hopes for the program.

"It is our hope that in the future our military personnel will be known for their financial savvy as well as their military prowess," he said.

Credit counseling seminar offered on base

By Jennifer Valentin
Wingspread staff writer

Most people have faced a financial dilemma at one time or another, whether it's the result of not balancing their checkbook or budgeting enough money for end-of-month expenses.

Randolph men and women can take the first step to a stress-free financial future by attending the family support center's money management class Thursday from 6:30-8 p.m. at the base library.

The class, conducted by the Consumer Credit Counseling Service of San Antonio, teaches attendees practical ways to manage their finances.

"People can definitely enhance their money management skills through this class," said Steve Mayfield, family support center personal financial management program manager. "The participative exercises provide hands-on experience that can help attendees apply their new skills once they leave the seminar."

The class focuses on practical options

to manage money, set budgets, create spending plans and avoid identity theft. Attendees will also receive packets with examples on how to track finances.

"Often those people having financial difficulties are simply lacking education," Mr. Mayfield said. "Not understanding topics such as bankruptcy or interest rates can create problems for the military consumer."

Mr. Mayfield said that in his experience as a financial counselor there seem to be two main categories of

people who are in financial trouble.

"There are those with limited resources, and those who have sufficient resources, but still become over-extended in their obligations," he said. "The course can help both types of people manage their finances correctly, no matter how little or how much they have."

People interested in taking the course, must sign up by Monday.

To sign up or for more information, call Gail Trevino at 652-2617 or go on-line to <http://rafblibrary.org>.

And the nominees are ...



The military and civilian nominees for the Team Randolph 2005 annual awards stand in front of the Taj Mahal Thursday morning following a medallion ceremony announcing the nominees at the base theater. The annual awards banquet took place Thursday night at the enlisted club. The Wingspread will announce the winners in the March 10 issue. (Photo by David Terry)

NEWS BRIEFS

AFAF kicks off March 10

The Randolph Air Force Assistance Fund campaign kicks off March 10 with a free picnic lunch from 11 a.m. to 1 p.m. at the 563rd Flying Training Squadron, Building 743. Everyone in the base community is invited to attend.

The base campaign runs through April 21. Representatives will begin to visit base units and take donations March 13.

OTS selection board results

Tech. Sgt. Boyd Walker of the 12th Communications Squadron was recently selected for Officer Training School.

The Valparaiso, Ind., native is a tech control specialist working on wide area networks. He will complete his coursework in May for a degree in Management and Computer Information Systems through Park University. At this time he has not received his OTS reporting date.

Appeal of court-martial

The United States Air Force Court of Criminal Appeals will hear oral arguments in a case involving the appeal of a court-martial conviction of an officer.

The officer in the case, United States v. Wilson, is alleging the conviction is factually and legally insufficient and unlawfully tainted by command influence.

The public is welcome to attend the session Wednesday at 10:15 a.m. in the Lackland Air Force Base Inter-American Forces Academy auditorium.

Legal office closed Wednesday

The 12th Flying Training Wing legal office is closed Wednesday for an official function.

RFISD sets 2006-2007 calendar

Randolph Field Independent School District announced its 2006-2007 school year calendar recently.

The first day of school is Aug. 21 and the last day is June 1.

Student holidays include Labor Day, Sept. 4; Columbus Day, Oct. 9; Veterans Day, Nov. 10; Thanksgiving, Nov. 20-24; Winter Break, Dec. 18 to Jan. 2; Martin Luther King Day, Jan. 15; Presidents Day or weather make-up day, Feb. 19; Spring Break, March 12-16; Good Friday or weather makeup day, April 6; Battle of Flowers, April 27; and Memorial Day, May 28.

Income Tax assistance

The Randolph Volunteer Income Tax Assistance program provides free income tax preparation assistance to active duty members, retirees and family members through April 17.

People can make appointments Monday through Friday for time slots between 9 a.m. and 3 p.m. The office is located in the Taj Mahal.

For more information, call Chris Hull at 652-1040.

Military mailing kits available

Families of deployed members can obtain free military mailing kits by calling 1-800-610-8734 and asking for a "4MILITARYKIT." The kits, which consist of corrugated boxes and appropriate forms, are for use in mailing small packages to deployed military members by parcel post.

The sender must pay the normal postage cost of mailing the package.

For more information, call Mike Cantu, 652-3768.

Captains picked for promotion

Sixty-seven Randolph captains received the good news Thursday morning they had been picked for promotion to major.

They are among 2,134 captains selected Air Force wide in the 2005 line of the Air Force, chaplain, judge advocate general and biomedical sciences corps boards.

The list of promotion selects will be posted on AFPC's officer promotions Web page today by 2 p.m at www.afpc.randolph.af.mil/offprom.

Those promoted have invited the base community to celebrate with them today at the officers' club starting at 4:30 p.m.

The results of the board are as follows.

Selection statistics in-the-promotion zone for major:

- Line – 1,901 selected from 2,057 considered for 92.4 percent select rate

- Chaplain-- 18 selected from 28 considered for 64.3 percent select rate
 - JAG -- 55 selected from 58 considered for 94.8 percent select rate
 - BSC -- 98 selected from 113 considered for 86.7 percent select rate
- Selection statistics above-the-promotion zone for major:
- Line -- 54 selected from 484 considered for 11.2 percent select rate
 - Chaplain -- 3 selected from 6 considered for 50 percent select rate
 - JAG -- 1 selected from 3 considered for 33.3 percent select rate
 - BSC -- 4 selected from 10 considered for 40 percent select rate

Randolph Major-Selects

Air Education and Training Command

- Andrew Allen
 - Jason Beck
 - Bryan Bobeck
 - Denise Bonds
 - Richard Coalson Jr.
 - Christian Cornette
 - Lisa Dahl
 - Scott Dubsky
 - Scott Duhaime
 - Randy Flores
 - Robert Francis
 - Marcos Garcia Jr.
 - Sean Keaveney
 - Melissa Lacey
 - Peter Reddan
 - Clayton Robinson
 - William Skinner III
 - Michael Tatum
 - Michael Thomas
 - Jason Williams
- Air Force Personnel Center
- Jeffrey Carter
 - Ryan Dahl
 - Michael Davide
 - Anthony Figiera
 - Matthew Herder
 - Kristin Kobarg Herder

- Francisco Hornsby
 - Courtney Hutt
 - Michelle Ivery
 - John Lofton III
 - Tina Nguyen
- 12th Flying Training Wing
- 12th Aeromedical-Dental Squadron
 - Michael Boyer
 - 12th Medical Operations Squadron
 - Shelia Beville
 - Jonathan Sams
- 12th Services Division
- Grant Vineyard
 - 99th Flying Training Squadron
 - Kristopher Epps
 - 558th Flying Training Squadron
 - Andrew Koegl
 - Mircea Mitran
 - Richard Schoggins
 - 559th Flying Training Squadron
 - Jamal Tabeb
 - Marico Tippet
 - 560th Flying Training Squadron
 - Barry Lawlor
 - 562nd Flying Training Squadron
 - Russell Allen
 - Daniel Brooker
 - Ernesto Carcamo
 - Gregory Cyrus

- Joey Dible
 - Matthew Forsyth
 - Brian Haynes
 - Erik Ranke
 - Tonia Smith
 - John Williams
- 563rd Flying Training Squadron
- Tora Anderson
 - Richard Greenman
 - Kellie Lynn Kent
 - David Orschell
 - David Pafford
 - Michael Rafferty II
 - Roy Tate Jr.
- 19th Air Force
- John Neptune
 - Joseph Sanduk
 - Mark Wolfe
- AETC Computer Systems Squadron
- Omar Velasco
- Air Force Legal Services Agency
- Heather Larson
 - Jason Lindbloom
 - Lynn Schmidt
- Air Force Recruiting Service
- Herbert Coker



Air Force announces preferred F-22A locations

WASHINGTON, D.C. (AFPN) – The Air Force's preferred alternatives for the third and fourth operational F-22A beddowns are Holloman Air Force Base, N.M., and Hickam AFB, Hawaii, said Gen. T. Michael Moseley, Air Force chief of staff, Wednesday.

"Although we must still complete the environmental analyses required under the National Environmental Policy Act before finalizing our decisions, the preferred third and fourth beddown locations for the F-22A are Holloman Air Force Base and Hickam Air Force Base," General Moseley said.

The proposed plan is for these units to have active and National Guard personnel at both locations. As the Air Force moves forward with this next generation fighter, combining forces to leverage assets gives the service its best possible team to deliver sovereign options for the nation's defense in the global war on terrorism.

The F-22A program of record calls for 183 aircraft with production slated through 2012.

Currently the F-22A is based at Langley AFB, Va. Elmendorf AFB, Alaska, was previously announced as the preferred location for the second operational beddown.

Some personnel services become Web-based

Mandatory briefings for all active-duty Airmen take place next week

By Staff Sgt. Lindsey Maurice
Wingspread editor

A team of Randolph personnel specialists are teaching base Airmen about the new Personnel Services Delivery transformation initiative through six mass briefings Tuesday through March 10 in the base theater.

Base briefings are as follows: Tuesday at 9 a.m., Wednesday at 9 a.m. and 2:30 p.m., Thursday at 9 a.m. and 2:30 p.m., and March 10 at 9 a.m.

All base Air Force active duty members must attend one of the briefings.

The new Air Force initiative set to start in the coming months will affect the way Airmen do business by letting them conduct routine personnel transactions themselves via Web-based services and contact centers.

"We have historically provided personnel services primarily through face-to-face contact, and we do it well," said Lt. Gen. Roger Brady, Air Force deputy chief of staff for personnel. "In the future, PSD will provide a new way of doing business ... one that will become more efficient by moving transactional work to the Web or contact center."

Mandatory PSD Briefings

Active-duty Airmen must attend one of the following Personnel Services Delivery briefings next week in the base theater

- Tuesday from 9-11 a.m.
- Wednesday from 9-11 a.m. and 2:30-4 p.m.
- Thursday from 9-11 a.m. and 2:30-4 p.m.
- March 10 from 9-11 a.m.

Randolph personnel specialists were trained by PSD specialists in February on some of the changes that will affect active duty Airmen beginning March 31.

Several processes like retraining and retirements, currently worked through base-level military personnel flights, will be self-initiated via the Web and centrally managed and processed at the Air Force Contact Center.

"Over 70 of our personnelists are trained on the new system and ready to share our knowledge with Randolph Airmen," said 1st Lt. Beth Hart, officer in

charge of employments and relocations. "It's really important that Randolph Airmen attend one of these briefings so they can have a better understanding of the program."

The long-term vision for PSD includes the migration of personnel processes to a Web-enabled environment to allow Airmen the opportunity to take responsibility for their careers.

The program will allow more flexibility as to when they access personnel information and perform transactions, said Air Force personnel experts.

"The PSD transformation is a great initiative that's going to change the way we do business for the better," Lieutenant Hart said.

With convenient and secure access from any Internet-ready computer or telephone around the globe, Airmen will avoid waiting in lines, save time and fit their personnel business into their own schedule with the new system, Air Force Personnel Center officials said.

"PSD will provide our Airmen the same convenient 24/7 on-demand access to information much like they have come to expect from online banking and Internet commerce," said Michael Maloney, AFPC director of personnel services.

(AFPC public affairs contributed to this article.)

COMMUNITY

Strike! Bowling center hits all the right pins

By Jennifer Valentin
Wingspread staff writer

When was the last time you went bowling? With more than 6,000 visitors walking through the doors each month to set 'em up and knock 'em down, the base bowling center provides affordable entertainment for all ages.

"Bowling is a safe, fun and relaxing smoke-free environment that people of any age and skill level can enjoy," said Bill Baker, bowling center manager. "We have a state-of-the-art 24-lane facility with automatic pinsetters and scorers that can accommodate competitive leagues as well as recreational open bowling."

Leagues are a big part of the bowling center and are offered seven



days a week, Mr. Baker said. Currently there are about 13 different leagues with about 900 bowlers.

Recreational bowling is offered at various times throughout the week.

Thunder Alley is a popular open bowling event at the center, held Saturdays from 8 p.m. to midnight.

"Thunder Alley is a cosmic laser light show featuring music from more than 160 radio stations," Mr. Baker said. "It gives the customers something new and different to experience while they bowl."

The bowling center is also available for children's parties, office outings and fundraisers, Mr. Baker said.

"It's a great way to celebrate a special occasion," he said. "We can

even set up lane 'bumpers' so the children won't get any gutter balls."

For those who get the munchies while they bowl, or who want to try something different for lunch on base, the bowling center also offers a grill and snack area for its customers, Mr. Baker said.

"The snack area offers drinks, breakfast and lunch items, combo specials and much more that can be made to order," he said. "It's open the same hours as the bowling center, making it convenient for the patrons."

In addition to the lanes and snack area, the bowling center also houses a full service pro shop with major brand name items. Ball drilling service, lockers, and shoe rental are also available.

D.J. Goss of the Air Force Personnel Center said he visits the bowling center as many as seven times a week. He belongs to two leagues and bowls several other times during the week for practice or as a substitute on a team in another league.

"The bowling center is otherwise known as my home away from home," he said. "I work here at Randolph, so it allows me the opportunity to go during lunch and work on my skills. Not only is it convenient, but it's certainly cheaper than bowling off-base."

The Randolph Bowling Center is open Monday through Thursday from 9 a.m. to 9 p.m., Friday and Saturday from 9 a.m. to midnight, and Sunday and holidays from 1-9 p.m.

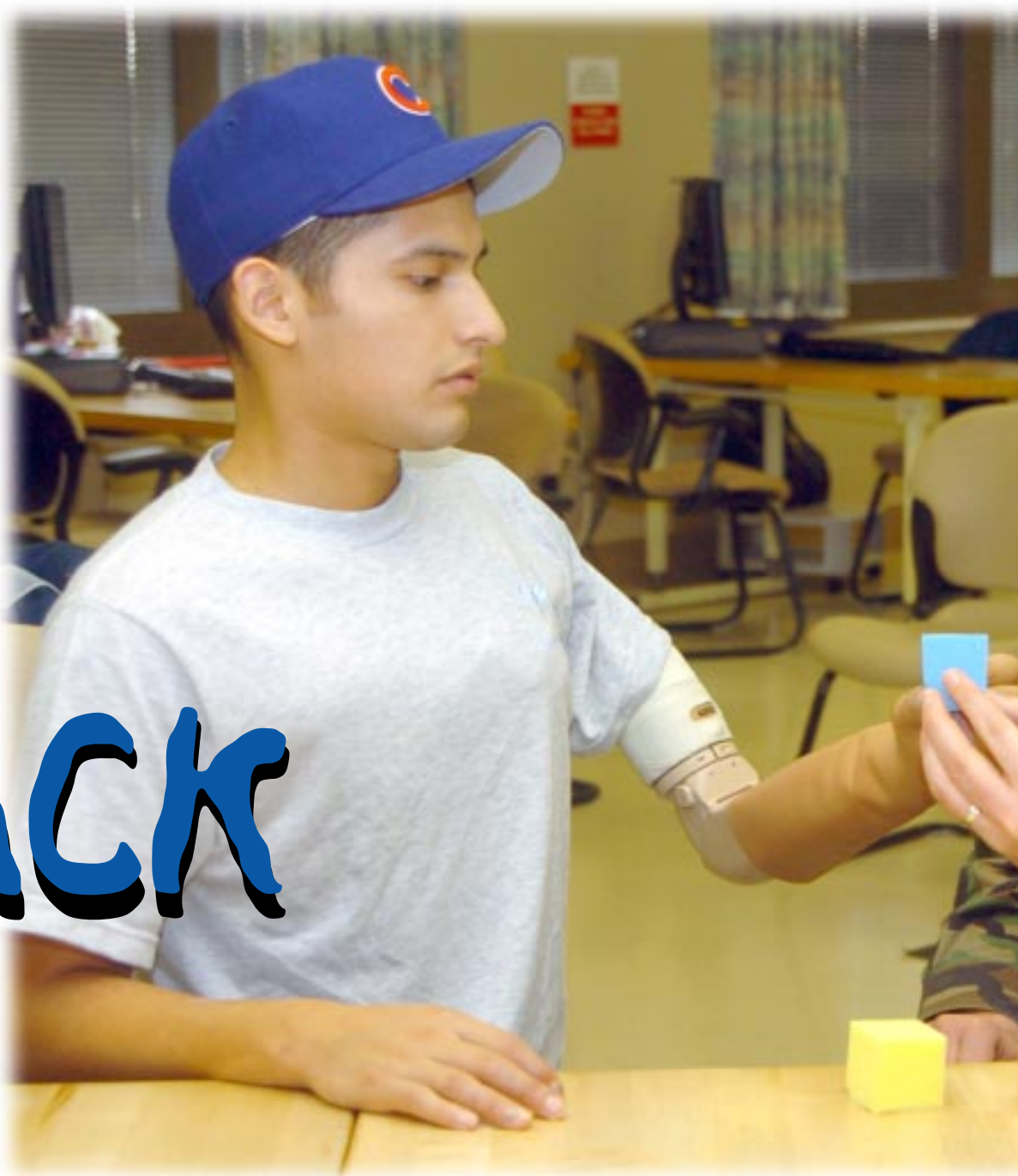


Walt Banks, pro shop manager, prepares to drill holes in a bowling ball. (Photo by Steve White)

“I only remember up to the explosion, but from what I’ve been told, apparently I got up right away and was concerned about everybody else, because I didn’t realize it had blown up on me. I told everyone to back out and asked if anyone was hurt. When I tried to walk, I immediately collapsed due to the injuries to my legs.”

Senior Airman Dan Acosta

On the COMEBACK trail



Army Capt. James Watt, an occupational therapist, helps Senior Airman Dan Acosta through some prosthetic exercises at Brooke Army Medical Center in San Antonio. (Photos by Steve White)

Airman recovering from Baghdad blast wants to stay Air Force

By Michael Briggs
12th Flying Training Wing Public Affairs

He stirs every few minutes as he sits talking in the living room of his Randolph housing unit. He doesn’t show it with any grimace on his face, but he has not yet healed from the wounds he received in combat less than three months ago, so he adjusts his position on the couch to get as comfortable as he can.

All the while, he talks frankly, pulling his 4-year-old daughter near at times, about what he remembers of the events halfway around the world that have led him here.

Senior Airman Dan Acosta said his team had spent an average day on Dec. 7, much like most of the previous 90 or so days they had spent in and around Baghdad – if disarming bombs could be considered “average” for anyone outside the explosive ordnance disposal career field.

He said he remembers everything up to the last mission of the day, and then his mind has a six-day blank that others have since helped fill in with the life-changing events that unfolded that

day in western Baghdad.

The 21-year-old Airman from Joliet, Ill., was a member of a 12-person EOD team dispatched to locate and disarm a suspected improvised explosive device in a crater where a previous IED had gone off.

It was not uncommon for the team from the 447th Expeditionary Civil Engineer Squadron to conduct several missions like this in a day, where they would locate and disarm bombs insurgents had placed throughout Iraq’s capital.

“As we were setting up our safe area, we conducted a search and I actually found a secondary device, another IED there about 100 meters from the first device,” he said. “So we backed out with our security element about 200 meters down the road. We then took care of the first and second IED.”

Mission accomplished, or so he and his teammates thought.

“When we were getting packed up to go, I noticed the area still looked a little suspicious so I told my teammate we should check it out, because we can’t leave a scene without verifying it’s clear,” he recalled. “As we were checking it out, I stepped on a concealed pressure plate and set off an IED, so there was a third IED there.”

That’s where Airman Acosta’s memory of Dec. 7 ends.

The bomb had exploded within 20 feet of him, knocking him to the ground and injuring him severely. He lost his left arm in the blast and his legs suffered extensive wounds.

“The overpressure took the sand and dirt off the ground and literally sandblasted my legs like you would sandblast a patio or something,” he said of his leg burns. Despite life-threatening

“I know he loves what he does, so I couldn’t picture him getting out and doing something else besides EOD. The Air Force has treated us very well and everyone has been so supportive, which is a big part of the reason we want to stay in.”

Sandy Acosta

injuries, Airman Acosta’s teammates have since told him he jumped to his feet immediately after the blast.

“I only remember up to the explosion, but from what I’ve been told, apparently I got up right away and was concerned about everybody else, because I didn’t realize it had blown up on me,” he said. “I told everyone to back out and asked if anyone was hurt. When I tried to walk, I immediately collapsed due to the injuries to my legs.”

That’s when Staff Sgt. Joseph Upton stepped in to render first aid. He’s a certified combat lifesaver who was deployed with Airman Acosta and eight other EOD specialists from their home unit, the 775th Civil Engineer Squadron at Hill AFB, Utah.

“I lost my arm instantly, so he stopped the bleeding there and then wrapped up my legs,” Airman Acosta said. “With the amount of blood I was losing and at the rate I was losing it, I wouldn’t have made it had he not done what he did.”

He was then airlifted by helicopter to a field hospital in Baghdad where life-saving surgeries and transfusions stabilized him for the trip out of theater. From Baghdad, he was flown to Balad Air Base, Iraq, then to Landstuhl Regional Medical Center in Germany and finally to Brooke Army Medical Center in San Antonio, where he arrived Dec. 11.

“The first thing I remembered after the explosion was waking up in the hospital here in San Antonio on Dec. 13, six days later,” he said.

His wife, Sandy, had been at his bedside since his arrival and after the disorientation passed, she told him what had happened to him.

“When I first woke up, I didn’t realize it was her



Staff Sgt. Joseph Upton (left) and Senior Airman Dan Acosta on duty during their deployment to Iraq in the fall of 2005. (Courtesy photo)



etic arm warm-up drills Feb. 23 in the amputee rehabilitation

and didn't know where I was," he said. "I thought I was still in Iraq."

Airman Acosta credits Sergeant Upton with saving his life, Sandy for getting him through the toughest times since then, and the doctors, nurses and therapists at the medical center for getting him on the road to recovery.

He's had skin grafts to repair the damage to his legs and was fitted in late January with an electronic prosthetic left arm. He now faces about 18 months of rehabilitation, he said.

And then he wants to do more than just be healed and healthy. He wants to stay in the Air Force in the EOD career field.

That may surprise some people who hear what he's been through, but to both Airman Acosta and Sandy, the decision wasn't a hard one to make.

"While I was still in the hospital, I had some really good nurses who told me having a positive attitude was the best way for me to get through it. I always try to keep a positive attitude. I witnessed people in the hospital who gave up, and when they give up, they don't recover."

Senior Airman Dan Acosta



In the family-friendly burn rehabilitation center, Senior Airman Dan Acosta's daughter Sophia helps ease some of his discomfort during a therapy session Feb. 23.

"I love everything about the Air Force and EOD, and that's what I want to continue to do," he said.

His wife said she knew before they even discussed the subject a few days into his recovery that's how he felt.

"I know he loves what he does, so I couldn't picture him getting out and doing something else besides EOD," she said. "The Air Force has treated us very well and everyone has been so supportive, which is a big part of the reason we want to stay in."

While the process to determine if he is even eligible to remain on active duty is still a long way off, Airman Acosta is focusing on that goal as he goes through some tough and sometimes frustrating physical therapy sessions. He said Sandy and his two daughters, the second a 1-year-old, are the reason he has come through the ordeal with a positive attitude.

"I have a lot of support, especially from my wife, who deserves all the credit," he said. "She's the one I can talk to about things and open up to get things off my chest where I'll start feeling better. This helps me keep that positive attitude."

Some advice from the nurses at the medical center also helped him keep his chin up, he said.

"While I was still in the hospital, I had some really good nurses who told me having a positive attitude

was the best way for me to get through it," Airman Acosta said. "I always try to keep a positive attitude. I witnessed people in the hospital who gave up, and when they give up, they don't recover."

His other family – the Air Force family – provided much of his desire to remain an Airman, he said.

"You always hear about how the Air Force is a family and how close we are," Airman Acosta said. "We never really experienced that until this situation. The Air Force does come together as a family and take care of its people, which is great. That support is what helps with this rehab."

Part of that support was getting his children to San Antonio. He hadn't seen them in about six months, so the Air Force worked hard to get them here as soon as possible, he said. The children joined him and Sandy in early February.

Although he is administratively assigned to the patient squadron at Lackland AFB on the other side of San Antonio, he is living in base housing at Randolph, which is closer to the Army medical center where he is being treated.

"Housing at Randolph makes everything a lot easier," Sandy said. "It's convenient and our support group is nearby, so if we ever need anything, we know we're going to be taken care of."

Airman Acosta has been assigned a family liaison officer, Senior Master Sgt. Mark Hepner, who is the EOD functional manager at Air Education and Training Command headquarters here. In his FLO duties, Sergeant Hepner ensures the Acosta family gets everything it needs to ensure Airman Acosta can go through his rehab with as little stress as possible on his family.

The process has gone so well, Airman Acosta has even felt well enough to spend some time helping Sergeant Hepner out at work.

"I wanted to get back in the swing of things," he said. "I feel comfortable enough to get in uniform and go to work. It helps him out a lot and he appreciates it. He gets me involved to keep me in touch with EOD and the Air Force."

That EOD and Air Force involvement is one he'd like to experience for a long time, and with a successful rehabilitation, he will position himself to give it his best shot probably sometime in late 2007 when a medical board will meet to decide his Air Force future.

He has other choices if remaining on active duty is not an option, such as taking a job teaching at the EOD schoolhouse as a civilian.

Until that decision time arrives, he said he's not taking anything for granted these days and is enjoying spending time with his family – his wife and children and his Air Force family.



Physical therapist Scott Dewey checks the range of motion of Senior Airman Dan Acosta's legs during a therapy session Feb. 23 at the burn rehabilitation center.



Basketball Standings

as of Wednesday

INTRAMURAL	W	L	EXTRAMURAL	W	L
12 CPTS/MSS	10	0	AETC/DP	8	1
AETC CSS	7	2	AFRS	6	1
AFPC	7	3	AFPC 2	5	2
JPPSO	6	4	AFPC 3	5	2
562 INSTR	6	4	AFSVA	5	2
12 MDG	4	5	12 LRD	4	3
562 C FLT	2	8	AETC CSS	3	3
12 SFS	1	9	AFPC 1	3	4
12 CED	1	9	AFMA	2	5
			12 OSS	2	5
			AETC/SG	1	8
			19 AF	0	7

Fit to Fight



The "Fit to Fight" column recognizes Team Randolph members who achieve an "excellent" rating on the Air Force Fitness Test with a score of 90 and above.

Excellent
Master Sgt. Dale Ivie
Air Education and Training Command
Capt. Audrey Montgomery
12th Medical Operations Squadron
Lt. Col. Barbara Tuitele
12th MDOS

To submit a name, call 652-5760 or e-mail the name to Wingspread@randolph.af.mil.

SPORTS BRIEFS

Personalized fitness program

Fitness center patrons can sign up for a personalized instruction class starting March 13. The first 25 people to sign up receive a free fitness assessment and learn how to choose a workout plan that works best for them using weight lifting, strength training and aerobics. To sign up, call 652-5316.

Seniors fitness class

The fitness center offers a fitness class for seniors April 4 from 9:30-10:30 a.m. People interested in attending can register at the fitness center front desk from Wednesday to April 1.

St Patrick's Day Dash

The fitness center hosts a St. Patrick's Day 5 Kilometer Dash March 17 at 7 a.m. at Eberle Park. Patrons who wear green, receive a prize.

Lady Ro-Hawks earn honors

Six members of the Randolph Ro-Hawks girls basketball team earned all-district honors after the team ended the season advancing to the bi-district round of the state playoffs. Forward Nicole Henry won the award as the "Best Defensive Player" in District 27-AA. Guard Megan Flores was the Ro-Hawks' first team all-district player. Guard Alisha Bailey, forward/guard Jenovia Morrison and forward/guard Jenada Morrison won second team all-district honors. Forward Alexis Howlett won honorable mention team honors. The Ro-Hawk girls finished with a 14-13 season record, leaving them third in district with a 7-4 mark.



Cliff Martinez of the 12th Civil Engineer Division drives to the basket for a fast-break lay-up in the final minute of CED's 41-30 victory over the 12th Medical Group Monday night at the fitness center. (Photo by Melissa Peterson)

Fire Dawgs get into win column

By Michael Briggs
12th Flying Training Wing Public Affairs

The Fire Dawgs of the 12th Civil Engineer Division erased their goose egg in the win column of the league standings with a 41-30 win over the 12th Medical Group in intramural basketball action Monday night at the fitness center. K.J. Arnold led an opportunistic running offense with 13 points as CED improved to 1-9 on the season. "This got a big monkey off our back," Arnold said. "It was a big win for us. We've had a couple of previous opportunities to at least be in the mix at close to .500, but unfortunately we couldn't put them away." The team had lost a handful of games by just 2 or 3 points, but played a more complete game on offense and defense Monday, Arnold said. "Our practices before the start of the season finally came together," Arnold said. "We were clicking as a team and playing solid defense." An up-tempo style of offense was part of the game plan coming in, said

center Jerry Knopf. "That's what we always want to do," he said. "Tonight we wanted to stop their three-point shot and basically run-and-gun." That scheme combined with some sloppy play and poor shooting on the part of MDG helped CED coast to the win. "Turnovers played a big part in the loss," said Duwayne Foster, MDG coach, "and the fact we couldn't hit shots from the outside hurt us." CED took advantage of those missed shots and scored on some fast-break buckets to move ahead midway through the half. With both teams using all their players, to the credit of the coaches, CED went on a 9-2 run to build an 18-10 lead with less than five minutes remaining in the half. MDG could never get on track to threaten that lead and CED went into the break ahead 20-12. Arnold and Alex Vasquez sparked the CED offense early in the second half to keep MDG at bay. Vasquez scored all six of his points in the game

during a four-minute span on a fast break lay-up, 12-foot jumper and fade-away jumper in the lane. Arnold converted a 3-point play after he was fouled on a lay-up and later tapped in an easy score off a fast-break rebound to give CED its largest lead of the game at 31-17 with 11 minutes to play. MDG center Mark Hubble pounded the ball in the paint and scored 9 second-half points, going 5-for-7 from the free throw line, to get MDG within seven points at 31-24 with less than four minutes remaining. The relentless running game of CED was too much for MDG to overcome, though. Cliff Martinez scored 5 points in the last three minutes, four of them on fast-break lay-ups, to clinch the win. Martinez ended the game with 7 points and Humberto Sarabia scored 5 for CED. As a team, CED was 8-for-12 from the foul line. Hubble paced the MDG offense with 11 points, Donnie Adkins added 8 and Ben Talyor scored five. MDG went 12-for-17 from the free throw line.

Keep it movin': Walking benefits seniors in every aspect of life

By Jennifer Valentin
Wingspread staff writer

Most people do it without thinking. Little do they know just how beneficial this simple act is to their health. Walking is a good way, for seniors especially, to keep in shape and remain healthy. "Exercise, such as walking, helps people of all ages improve their quality of life," said Claire Behrens, fitness programs manager. "As we get older we lose bone and muscle. Exercise can help prevent this from occurring at its normal rate." According to the American Association of Retired People, walking is a proven method for boosting strength. Brisk walking gets the heart pumping and sends oxygen through the entire body, while strengthening the heart and the muscle groups responsible for the movement. Brisk walking also burns fat, according to the AARP. In place of the stored fat, the body develops muscle, rewarding the person with a lean body and higher metabolism. Ms. Behrens added that falls are the leading cause of injury-related deaths in older adults, as well as a cause of disability. One in four adults who fracture a hip die within six months of the injury, and more than 50 percent who survive the fracture are discharged to a nursing home. "Muscle strength plays an important part in balance and mobility," Ms. Behrens said. "With these statistics, it's important to exercise often to keep strength up."

According to the AARP, walking is good for the bones and joints. It is low impact, so even if the person walks at a rapid pace, it can rarely cause strain or injury. Instead, walking uses the strength of the bones and joints to stimulate development. As the person walks, their legs and feet work against gravity, which acts as a natural weight that the bones and muscles must push against. There are many places where elderly men and women can walk on base, Ms. Behrens said. "They can take a walk around the gym on the basketball courts, walk on the jogging trail, or use our equipment such as the treadmills or Arc trainers," she said. Ms. Behrens recommends seniors consult their doctor before starting a workout program. In addition, fitness center experts can perform a Microfit fitness assessment on interested patrons, so they can be placed on a personal and safe program, she said. "We're glad to help senior customers with their personalized program," said Kenneth O'Neal, fitness director. "Exercise prolongs life and can help prevent sickness as well." Regular exercise, such as walking, can also help prevent osteoporosis, Mr. O'Neal said. According to the AARP, seniors should engage in brisk walking for 30 minutes, a day at least five days a week. "A good and constant exercise regimen improves a person's overall discipline and confidence, and gives them a sense of accomplishment," Ms. Behrens said.

Mocha Man



Burke Milnes, Book Worm Coffeehouse manager, makes a cup of hot chocolate for a customer. The coffeehouse serves a variety of coffee, tea and other drinks, as well as pastries. It is open Monday through Thursday from 6:30 a.m. to 8 p.m., Friday from 6:30 a.m. to 5 p.m., and Saturday from 10 a.m. to 4 p.m. The coffee shop is located inside the entrance to the base library. (Photo by Jennifer Valentin)

OWC: History of charity to Randolph, community

By Jennifer Valentin
Wingspread staff writer

The Randolph Officers’ Wives’ Club is gearing up to award college scholarships to area teenagers. This is just one of the many projects the social and charitable organization conducts annually. Originating in 1948, the organization has been an important part of the base community for nearly 60 years. The club currently has more than 220 members.

“The ROWC has a history all its own, and a tradition that is grounded in something similar to the Air Force values,” said Charlene Touhill, ROWC first vice president. “It always strives to support the Randolph mission and the interests of the local community. Additionally, it provides members an opportunity to make and maintain friendships.”

The club hosts monthly luncheons and meetings and has special activity groups that meet on a regular basis, Ms. Touhill said.

“The groups include a book club, stitch group, bunco, party bridge, Maj Jongg, and the out-to-lunch and out-to-dinner groups,” she added.

Toña Shannon, club welfare chair director, has been a member since 2000.

“I joined the OWC knowing that they were a social and philanthropic

organization where I could gather experiences and make friendships, while also making a difference in the community,” she said.

The club is heavily involved in charitable work.

“We work hard all year to raise money to support activities on Randolph, as well as local community charities,” Ms. Touhill said.

The club focuses its fundraising efforts on awarding scholarships to local high school seniors. The biggest fundraisers include the arts and crafts fair in October and the proceeds from the Randolph Thrift Shop, a joint effort between the officers’ wives and Randolph Enlisted Wives Club. The profits from the shop are divided equally between the two clubs.

As the welfare chair, Ms. Shannon said she has had the privilege of sending hard-earned funds throughout Bexar County to such organizations as the Fisher House and Air Force Village, among others. It is rewarding to know that the ROWC represents far more than a social club, Ms. Shannon said.

“The ROWC takes care of others, but it takes care of its own as well,” Ms. Touhill said. “Our members support one another through all kinds of situations. They do so while making a positive impact on our base and the San Antonio area.”